

Create your #LetGrowMoment!

Let Grow projects to do alone or with a friend



Ready to do something on your own? Good for you! Look at the Projects below, circle a few that you might want to do – and feel *ready* to do – that you just haven't done yet. Then, choose one!

Some things that are easy for you will be harder for other kids, and some things that are hard for you are easy for them. So there are no "right" or "wrong" choices. Just talk with your mom, dad, or caregiver about what you think would be a fun, exciting thing for you to try. Once you've done something, keep doing it and look for a new Project to try next.

Keep on growing! Each time you do something for the first time, that's a **#LetGrowMoment!**

Climb a tree
 Walk the dog
 Play in the yard
 Scooter on the sidewalk
 Plant some flowers or vegetables
 Wash fruit or veggies for a snack
 Visit a neighbor
 Dress yourself
 Set the table
 Take the trash to the curb
 Ride your bike
Play in the rain
 Wash the car
 Water the plants
 Get yourself ready for school
 Empty the household trash baskets
 Make a sandwich
 Rake leaves
 Pick and arrange flowers
 Help put groceries away
 Put your own shoes and coat on
 Clean your room
 Weed a neighbors garden
 Play at the park
 Cut fruit or veggies for a snack
Weed the lawn / garden
 Walk around taking pictures
 Make up an outdoor game
 Help pack for a trip
Feed and water pets
 Make a phone call to a friend
 Draw a picture for a neighbor and deliver it